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Claims

1. A mould unit for use in a method of constructing a building, said unit being formed from injection moulded plastics and comprising a pair of opposing solid side walls (1) connected by opposing parallel end walls (2), openings (8) formed in each end wall (2), a shoulder (4) extending inwardly and around the upper edge of each of said side walls (1) including a "V" notch groove (4') to receive a "V" shaped bottom edge of a further mould unit in an overlying course of mould units and wherein reinforcing formers (9) extend at spaced intervals between the side walls (1) to prevent the side walls (1) bowing out when the mould is filled with a setting composition, each former being provided with a "V" notch groove to receive the lower edge of an overlying mould unit and wherein the formers (9) are each of similar shape to the end walls so that the mould unit can be cut down in size.
2. A mould unit according to claim 1 wherein a flange (6) extends up from the inner edge of the shoulder (4) and is inclined to guide the bottom edge of an overlying mould unit into the groove (4').
3. A mould unit according to claim 1 or claim 2 wherein knockout panels (3) are formed in the side walls (1).
4. A mould unit according to any one of claims 1 to 3 wherein apertures are provided in the top, the bottom and in each end wall (2) through which utilities can be fed and through which a setting composition can flow into an adjacent or underlying mould unit.

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5. A mould unit according to any one of claims 1 to 4 wherein the shoulder and groove (4') extend across the top of the end walls (2).
6. A mould unit according to any one of claims 1 to 5 wherein the walls are substantially 2mm thick.
7. The use of a mould unit according to any one of claims 1 to 6 in a method of constructing a building comprising the steps of:
- (i) laying the foundations,
 - (ii) assembling a wall or part of a wall from the mould units,
 - (iii) feeding utilities through the assembled or part assembled wall of hollow mould units, and after installation of the utilities,
 - (iv) filling the assembled mould units with a setting composition.
8. Use of a mould unit in a method according to claim 7 and comprising the steps of:
- forming apertures for window and door frames into the wall as the wall is assembled, and
 - installing window and door frames into the apertures prior to filling with the setting composition.
9. Use of a mould unit in a method according to claim 7 or 8 wherein insulation board and/or finishing board is screwed into the wall prior to filling the wall, whereby the apertures in the ends of the mould units are sealed up.

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10. Use of a mould unit in a method according to any one of claims 7 to wherein the setting composition is concrete.